

# Spiritual Pursuit (Moksha) - The Fourth Superstructure of Precious Human Life

Volume - 23 (Lesson - 12)

(The contents of this booklet have been taken out from the newly prepared Text Book titled "Life Building Science" on a newly conceived and designed subject of "Value Education for Life Building and Successful Living" for study by our modern students)

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This booklet is meant for free distribution amongst our dear modern students, with a fervent prayer to them to kindly study the booklet earnestly and meticulously, put the knowledge gained from the teachings contained in the book into practice in their day-to-day lives sincerely and diligently, and thereby, derive immense benefits for themselves throughout their lives. This is in their own interest and for their highest welfare and supreme good.

They are also requested to kindly bring this booklet to the knowledge of maximum number of their classmates and friends so that they also can derive similar benefits for themselves.

Views of Students; Teachers and Professors; School, College and University Authorities; Educationists and Academicians; Parents and Guardians and all other Readers, on this booklet are humbly and earnestly invited in the following address:-

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## PRAYERS

धीयो यो नः प्रचोदयात्

May That Supreme Being impel our intellect  
towards the right path.

असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्मा अमृतं गमय ॥

Lead us from unreal unto Real,  
Lead us from darkness unto Light,  
Lead us from death unto Immortality.

आ नो भद्राः क्रतवो यन्तु विश्वतः

Let noble thoughts come to us from all sides.

सा विद्या या विमुक्तये

Knowledge is that which liberates.

उत्तिष्ठत जाग्रत प्राप्य वरान्निबोधत ।

Arise ! Awake ! Having reached the  
great (teacher), learn (realise that Atman).

अज्ञानतिमिरान्धस्य ज्ञानाञ्जनशलाकया ।  
चक्षुरुन्मीलितं येन तस्मै श्रीगुरवे नमः ॥

I prostrate to that Sadguru, Who opens, with the  
Collyrium-stick of Knowledge, the eyes of him who  
is rendered blind by the darkness of ignorance.

ॐ सह नाववतु । सह नौ भुनक्तु ।  
सह वीर्यं करवावहै । तेजस्विनावधीतमस्तु मा विद्विषावहै ॥  
ॐ शान्तिः शान्तिः शान्तिः ।

May He (The Supreme Being) protect us both (the teacher  
and the taught). May He cause us both to enjoy the bliss of  
Mukti (liberation). May we both exert to find out the true  
meaning of the scriptures. May our studies be fruitful.

May we never quarrel with each other.

वसुधैव कुटुम्बकम्

The whole universe is one family.

ॐ सर्वेषां स्वस्ति भवतु । सर्वेषां शान्तिर्भवतु ।

सर्वेषां पुर्णं भवतु । सर्वेषां मङ्गलं भवतु ॥

May asupiciousness be unto all,

May peace be unto all,

May fullness be unto all,

May prosperity be unto all.

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः ।

सर्वे भद्राणि पश्यन्तु मा कश्चिद् दुःखभागभवेत् ॥

May all be happy,

May all be free from disabilities,

May all behold what is auspiciousness,

May none suffer from sorrows.

लोका समस्ता सुखिनो भवन्तु ।

May Happiness be unto all Beings.

ॐ पूर्णमदः पूर्णमिदं पूर्णात्पूर्णमुदच्यते ।

पूर्णस्य पूर्णमादाय पुर्णमेवावशिष्यते ॥

Om ! That (Brahman) is full. This (Universe) is Full.

From That (Brahman) Full, this (Universe) Full has come.

When this (Universe) full is taken from That (Brahman) full,

It (Brahman) always remains Full.

Peace be to the East ! Peace be to the West !

Peace be to the North ! Peace be to the South !

Peace be above ! Peace be below !

Peace be to all creatures of this universe !!

ॐ शान्तिः शान्तिः शान्तिः ।

Om ! Peace, Peace, Peace.

## **Life Building Science**

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## Lesson No. - 12

### Spiritual Pursuit

#### Liberation of Soul or *Moksha* or Spiritual Value — Fourth Grand Goal of Ideal Human Life

The eleventh lesson is "*Moksha* or Liberation of Soul or Spiritual Value", which is the fourth grand goal of ideal human life.

The fourth grand goal of ideal human life as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, is *Moksha* or Liberation of individual Soul from the cycle of births and deaths. It is "Spiritual Value". It is the Higher and the Supreme Grand Goal of ideal human life.

**Meaning:-** *Moksha* means Liberation of the individual Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-Realisation or God-Realisation.

**Necessity: -** (i) *Moksha* is the fourth, last, higher and the supreme grand goal of ideal human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*.

With achievement of *Moksha*, the superstructure of human life can be constructed completely, properly, strongly and nicely. Consequently, the future human life can be lived ideally, completely, purposefully and successfully. That means human life can be lived with everlasting happiness and eternal peace, with permanent cessation of worldly sorrows, sufferings and miseries; and thus, it can be lived ideally.

But without achievement of *Moksha*, the superstructure

of human life will be incomplete, improper, weak and failure. Consequently, the future human life will be failure, incomplete, purposeless and unsuccessful in the real sense i.e. it will be filled with failures, sorrows, sufferings, pains, miseries, unhappiness and peacelessness; and also it can not be lived ideally.

Therefore, achievement of *Moksha* or Liberation of individual Soul from the cycle of births and deaths is extremely important, vitally necessary and indispensable in human life.

(ii) In this universe, everything is changing and going through the process of evolution in accordance with the Law of Nature. The lowest of the creation i.e. the inanimate stones and mountains evolve into living plants and trees. Plants and trees evolve into insects and animals. Insects and animals evolve into human beings, the crown of creation. Then the turn comes for human beings to evolve and transform themselves into divinity, the state of their Creator Himself and get united or merged with the Creator. This is known as *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Merger/ Union of the individual Soul with the Supreme Soul. This is also called Self-realisation or God-realisation. On attainment of *Moksha*, the process of evolution gets completed. Consequently, the individual Soul gets permanently liberated from the wheel of births and deaths, the greatest bondage, and does not take further rebirth in any species of life. Thus, there is permanent end of rebirth. Consequently, there is permanent cessation of worldly sorrows, sufferings, pains and miseries (because, birth of the individual soul in any species of life upon the earth plane is full of worldly sorrows, sufferings, pains, miseries and unhappiness); and the individual Soul of the human beings gets everlasting happiness and eternal peace. Thus, *Moksha*, as our ancient Spiritual Scriptures and our *Rishis*, *Munis*, Saints and Sages say, is the higher purpose or the supreme purpose of human life for attainment of which only the Creator

has gifted this human birth to human beings. Therefore, attainment of *Moksha* is supremely necessary and indispensable in the life of the human beings.

(iii) Living of secular life, with (i) achievement of the first grand goal of life viz. *Artha*, i.e. earning of money and acquiring of material wealth in order to meet the basic and other secular necessities of life of themselves and their family members, such as food, clothing, house, medicines, education of children, their marriages, engagement in some occupation/business/profession; and social and national needs and obligations etc.; and with (ii) achievement of the second grand goal of life viz. *Kama*, i.e. fulfilling of vital worldly desires in order to derive worldly happiness and sensual pleasures and worldly comforts and luxuries; gives pleasures and happiness of the body, mind and senses in human life. But, such pleasures and happiness are purely temporary and subject to exhaustion. Therefore, when such types of happiness and pleasures soon get exhausted, their exhaustion gives rise to sorrows, sufferings, pains and miseries in human life. Indulgence in worldly enjoyments and sensual pleasures also brings in weaknesses, sicknesses and diseases in physical body and mind which also cause sufferings and pains in human life. Thus, secular life with achievement of *Artha* and *Kama* does not give permanent happiness in human life, and also does not bestow eternal peace in human life.

Further, when the basic material and other secular necessities and wants of human life are met and worldly desires are fulfilled, more and more such new wants and desires crop up for fulfillment. Also wants and desires for deriving more comforts and then wants and desires for enjoying luxuries in life are felt. Those wants and desires propel human beings to making unending endeavours for their fulfillment. This phenomenon takes place because



human wants and desires are insatiable. Therefore, human beings keep on earning more and more money and acquiring more and more material wealth, even by resorting to unethical, unfair and unjust means of earning, dishonesty, corruption, etc. and by causing loss, harm, damages to their fellow beings in the society, in order to fulfill their such kind of ever-increasing wants and desires. Also constant desire to earn more and more money and acquire more and more material wealth develops greediness in the minds of human beings and because of greediness; they keep on earning more and more money and acquiring more and more material wealth, again even by resorting to unethical, unfair and unjust means of earning, dishonesty, corruption, etc. and by causing loss, harm, damages to their fellow beings in the society. Such unethical, dishonest, unfair and unjust actions result in sorrows, sufferings, miseries and unhappiness in human life. Because, according to the inexorable Law of Actions or *Karmas*, viz. "As you sow, so shall you reap", bad actions result in bad consequences, failures, sorrows, sufferings, miseries, unhappiness, restlessness, etc. in human life.

Thus, ultimately, living of the secular life with *Artha* and *Kama* leads to failures, sorrows, sufferings, pains, miseries and unhappiness only in human life in the real sense. This gives rise to the need to find out such a life which gives permanent happiness in human life.

Further, human beings achieve great material prosperity, enjoy enormous worldly comforts and luxuries and get abundant physical, mental and sensual pleasures, but in spite of the same, all of them feel "something wanting"; and knowingly or unknowingly, all human beings "hanker after" or "aspire for" or "search for" that "something wanting". That "something wanting" is what is called "peace" in human life. Such peace is known as "bliss" in spiritual parlance. Such "peace" or "bliss" is permanent or eternal but it can not

be derived by living the secular life as discussed above. Therefore, there is a need to find out such a life by living which human beings can derive eternal "peace" in their life.

Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that living of Spiritual Life (*Aadhyatmik Jeevana*) by practising Yoga and Vedanta, upon the foundation of living of Religious Life (*Dharmik Jeevana* or Ethical Life), alone bestows permanent happiness and the most-sought-after eternal "peace" or "bliss" in human life, with permanent cessation of worldly sorrows and sufferings. Therefore, human beings need to live the Spiritual Life (*Aadhyatmik Jeevana*) so that they can derive permanent happiness and eternal peace in their life. This is in their personal interest and for their highest welfare and supreme good. Thus the great necessity of living of Spiritual Life (*Aadhyatmik Jeevana*) by human beings.

(iv) Our ancient Spiritual Scriptures as well as our *Rishis, Munis, Saints and Sages* say that achievement of *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Union or Merger of individual Soul with the Supreme Soul or Self-realisation or God-realisation is the highest "Duty" or highest "*Dharma*" of human beings in so far as *Dharma* is defined as "Duty". And observance of "*Dharma*" in the day-to-day human life is necessary and indispensable for human beings as has been discussed above in the write-up on *Dharma*, the first grand grand goal of ideal human life. Therefore, it is vitally necessary for human beings to achieve *Moksha* by living the *Aadhyatmik Jeevana* (Spiritual Life) in their day-to-day life, accepting achievement of *Moksha* as their highest "Duty" or highest "*Dharma*".

In view of the foregoing, *Moksha* is extremely, vitally and supremely necessary and also indispensable in human life.

**Importance:** - (i) As discussed above, as stated in our ancient Spiritual Scriptures and as said by our *Rishis, Munis, Saints and Sages*, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*, *Moksha* or Liberation of individual Soul from the cycle of births and deaths or Union or Merger of individual Soul with the Supreme Soul, which is known as Self-realisation or God-realisation, is the supreme grand goal of ideal human life. Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that *Moksha* alone grants everlasting happiness and eternal peace in human life, with permanent cessation of sorrows and sufferings. Therefore, our ancient Indian Culture or *Bharatiya Sanskruti* attaches highest importance to achievement of this supreme grand goal of life in the life of the human beings.

Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* further say that this supreme grand goal of human life can be achieved in human birth only (and in no other species of life), through living of the spiritual life (*Aadhyatmik Jeevana*) by practising Yoga and Vedanta in one's day-to-day life. Human beings have been gifted with the human birth after having gone through their births in 84 lac species of life, including the life of plants, trees, insects, birds and animals. Therefore, human birth is a rare and precious gift of God, the Creator, to the human beings. They further say that attainment of *Moksha*, the higher purpose or the supreme purpose of human life, is possible only in human birth and in no other species of life. This is so because, human beings have been endowed with the unique quality of "Intellect", with the help of which they can discriminate between right and wrong; and then they can choose to take right actions, proceed in the right path of life and make their best endeavours for attainment of *Moksha* in this very human birth. In this way, they can live their life wisely, purposefully, successfully and ideally, unlike the animals that take their birth and "instinctly" search their

food, eat, sleep, procreate, enjoy, suffer, fear and ultimately meet with their death and thus, live their life purposelessly and sorrowfully. So, if human beings do not attain *Moksha* in this rare and precious present human birth itself, they lose this unique, golden opportunity of rare human birth. In that case, they do not get liberation from the wheel of births and deaths, and they go back to lower species of life and continue to take rebirths, life after life, in 84 lac species of life. Consequently, they continue to get sorrows and sufferings in whatever specie of life they are reborn, because life upon earth plane in any species is full of sorrows, sufferings, miseries and unhappiness.

In view of the same, our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that achievement of *Moksha*, the supreme grand goal of human life, by living the Spiritual Life (*Aadhyatmik Jeevana*), is extremely important, besides being indispensable, in human life, and that too, in the present human birth itself. Therefore, they exhort time and again that all human beings need to achieve *Moksha* by living the Spiritual Life (*Aadhyatmik Jeevana*) in their present human birth itself, in their personal interest and for their highest welfare and supreme good.

**Benefits:** - (i) Human beings will live their life wisely, completely, purposefully and successfully.

(ii) Human beings will get *Moksha* or liberation from the wheels of births and deaths, the greatest bondage, once for all; and there will be no further rebirths in any species of life upon the earth plane.

(iii) Human beings will get permanent freedom from sorrows, sufferings, pains and miseries of human life.

(iv) Human beings will get everlasting happiness and eternal peace.

**Manner:** - Our ancient Spiritual Scriptures and our *Rishis, Munis, Saints and Sages* say that *Moksha* can be

achieved by living of Spiritual Life (*Aadhyatmik Jeevana*), i.e. by practising Yoga and Vedanta such as *Karma Yoga*, *Bhakti Yoga*, *Raja Yoga*, *Jnana Yoga*, etc. in the day-to-day human life.

**Source of detailed knowledge:** - For acquiring detailed/further knowledge on this topic, students can study (i) "Spiritual Literature", i.e. standard works like *Vedas*, *Upanishads*, *Bhagavad Gita*, *Patanjali Yoga Sutras*, *Manu Smriti*, *Mahabharata*, *Ramayana*, *Granth Sahib*, *Koran*, *Bible*, *Zend-Avesta* and other Holy Spiritual Scriptures of various religions, (ii) Spiritual books written by great, spiritually illumined, God-realised *Rishis*, *Munis*, Saints, Sages and Prophets, as well as (iii) the Book "Youth ! Arise, Awake and Adopt the Right Path of Life" written by two such great saints, viz. Swami Sivananda Saraswati and Swami Chidananda Saraswati, in lesson no. 12, volume no. 11.

Here it is most important to note that the first grand goal and the fourth grand goal i.e. *Dharma* or Ethical Value and *Moksha* or Spiritual Value are the higher goals and therefore, those two grand goals occupy the primary place in human life. The second grand goal and the third grand goal i.e. *Artha* or Economic Value and *Kama* or Vital Value are the subordinate goals and therefore, those two grand goals have been given the secondary position in human life.

Further, those four grand goals of life are necessarily to be achieved in human life, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti*. Without achievement of all those four grand goals of life, human life will not be successful, complete, fulfilled, purposeful, prosperous, happy and peaceful. And then human life can not be said to have been lived ideally. Because, as our ancient Spiritual Scriptures and our *Rishis*,

*Munis*, Saints and Sages say, with achievement of the two grand goals of life, viz. *Artha* and *Kama*, human beings may live their life with great material prosperity; and abundant sensual pleasures, worldly comforts and luxuries, but without achievement of the other two grand goals of life, viz. *Dharma* and *Moksha*, their life will remain incomplete and unfulfilled; and they can not get real success, true prosperity, everlasting happiness and eternal peace in their life. Instead, their life will be filled with failures, sorrows, miseries, pains, unhappiness and peacelessness; and will end in vain without achievement of the higher purpose or the supreme purpose of human life.

As has been discussed earlier, Spirituality or the Science of the Self or *Atma Vidya* can be discussed by knowing four broad points, viz. Real Identity of Human Beings, True Purpose of Human Life, Paths for achievement of True Purpose of Human Life and Efforts needed to achieve the same, from the Spiritual Preceptor. The last two points can be divided into many sub-points. We have discussed the first two points in the earlier two lessons nos. 7 and 8. Now we will discuss the other two points, which comprise spiritual preceptor, yoga and vedanta, *japa* yoga, yoga of synthesis, spiritual practices, company of saints, study of holy scriptures, divine life, etc., in the next Lessons Nos.13 to 21.

### Questions -1

1. What is the meaning of *Moksha* ? (Marks - 5)
2. Can the superstructure of human life be complete without achievement of *Moksha* ? If not, why ? (Marks - 5)
3. Why does not living of secular life with achievement of *Artha* and *Kama* give permanent happiness in human life, and also bestow eternal peace in human life?  
(Marks - 10)
4. Why does living of the secular life with *Artha* and *Kama* lead to failures, sorrows, sufferings, pains, miseries and

unhappiness only in human life in the real sense ?

(Marks - 10)

5. What is the way out for deriving permanent happiness and eternal peace in human life when living of the secular life with *Artha* and *Kama* leads to failures, sorrows, sufferings, pains, miseries and unhappiness only in the real sense? (Marks - 5)
6. All human beings, despite achievement of great material prosperity and enjoying enormous worldly comforts and luxuries and getting abundant physical, mental and sensual pleasures, feel "something wanting" in their daily life and keep on searching for that "something wanting". What is that "something wanting" and how can they derive the same in their lives ? (Marks - 5)
7. Please explain why is *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Union of individual Soul with the Supreme Soul or Self-realisation or God-realisation the highest "Duty" or highest "*Dharma*" of human beings? (Marks - 5)
8. Why does our ancient Indian Culture or *Bharatiya Sanskruti* attach highest importance to achievement of *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Union or Merger of individual Soul with the Supreme Soul or Self-realisation or God-realisation, the supreme grand goal of life in the life of the human beings ? (Marks - 5)
9. After births in what types of species of life and how many number of births, God, the Creator, gifts the rare human birth to the human beings ? (Marks - 5)
10. Why is attainment of *Moksha*, the supreme purpose of human life, possible only in human birth and in no other species of life ? (Marks - 5)
11. Why should human beings make their best endeavours

to achieve *Moksha*, the supreme purpose of human life in their present human birth itself ? How will they be losers if they fail to achieve *Moksha* in their present human birth itself ? (Marks - 5)

12. What are the benefits of achievement of *Moksha* or Liberation of the individual Soul from the cycle of births and deaths or Union of individual Soul with the Supreme Soul or Self-realisation or God-realisation, the supreme purpose of human life ? (Marks - 5)
13. In what manner or how can human beings achieve *Moksha* or Liberation of Soul from the cycle of births and deaths or Union or Merger of individual Soul with the Supreme Soul or Self-realisation or God-realisation, the supreme purpose of human life ? (Marks - 5)

### Questions - 2

1. Why is *Moksha* the higher and the supreme grand goal of human life ? (Marks - 5)
2. Why is *Moksha* indispensable in the life of human beings? (Marks - 10)
3. Why are the four grand goals of human life necessarily to be achieved, as stated in our ancient Spiritual Scriptures and as said by our *Rishis*, *Munis*, Saints and Sages, and according to our great, glorious, lofty, unique and ideal ancient Indian Culture or *Bharatiya Sanskruti* ? (Marks - 5)
4. Why are the first grand goal and the fourth grand goal, i.e. *Dharma* or Ethical Value and *Moksha* or Spiritual Value, the higher goals and therefore, those two grand goals occupy the primary place in human life ? (Marks - 5)
5. Why are the the second grand goal and the third grand goal, i.e. *Artha* or Economic Value and *Kama* or Vital Value, the subordinate goals and therefore, those two grand goals have been given the secondary position in human life ? (Marks - 5)



Dear Modern Students !

You can study the soft copy of other write-ups and all other lessons on the subject of "Life-building, Character-building and Man-making Education", which are contained in the newly conceived, designed and prepared Text Book titled "Life Building Science", in the Internet Archive.

You can do so by accessing internet through any browser, logging in <archive.org>, clicking - <Advance Search> (A box of fields will appear on the screen), typing <Mohan Lal Agrawal> in the field "Creator" and clicking <Search>. The above books in PDF format will be displayed.

**NOTE**

## **List of Complete Publications and Videos of the Author**

### **A. Publications**

#### **Students related publications**

1. Youth ! Arise, Awake and Adopt the Right Path of Life (16 volumes)
2. Value Education for Life building and Successful Living
3. Life Building Science (Text Book)
4. Valedictory Address to Modern Students
5. Students' Awareness Programme
6. Noble Character, Ethical Conduct and Celibacy

#### **Teachers related publications**

1. Teaching Profession - Its True Dimensions
2. Teachers' Orientation Programme

#### **Other publications**

1. God's Unique Gifts to Modern Mankind - Swami Sivananda and Sivananda Literature (02 volumes)
2. Lead us from darkness unto Light (02 volumes)

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### **B. Videos**

Students, as well as Teachers, Parents and Guardians can watch one 04 Days Students' Awareness Programmes on "Value Education for Life Building and Successful Living", with

one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

Students, as well as Teachers, Parents and Guardians can watch the Certificate Course on "Life Building and Successful Living", with one Teachers' Orientation Session, organised at IDM Public School, Bolangir, Odisha during 2019, by accessing and subscribing YouTube Channel with the name <Life Building Science>, (Link:-[https://www.youtube.com/channel/UC\\_engDsJG4yfEEM6e9UQuEA](https://www.youtube.com/channel/UC_engDsJG4yfEEM6e9UQuEA)); and also in the aforesaid Internet Archive.

In case one "01 Day Students' Awareness Programme", with the write-ups of the book titled “Students’ Awareness Programme”, is organised in future in some school, our revered Students and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "ODSAP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).

In case one "01 Day Teachers' Orientation Programme", with the write-ups of the book titled "Teachers' Orientation Programme", is organised in future in some school, our revered Teachers and our revered Heads of Schools, Colleges and Universities can watch its video recording, with the episodes commencing with the name "TOP", by accessing and subscribing YouTube Channel with the name <Mohan's Value Education>, (Link:- [https://www.youtube.com/channel/UCRKu88g4\\_8o5OiigWI0owZQ](https://www.youtube.com/channel/UCRKu88g4_8o5OiigWI0owZQ)).